

Hand and/or wrist injuries

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Rationale

Hand and/or wrist injuries are common problems. The impact of the injury on function depends upon the severity of the original injury, the initial care, and rehabilitation.

Causal Conditions

(list not exhaustive)

- Damage to tendons (e.g., laceration, tendonitis)
- Damage to nerves (e.g., carpal tunnel syndrome)
- Damage to bones and/or joints (e.g., fracture, dislocation)

Key Objectives

Given a patient with a hand and/or wrist injury, the candidate will diagnose the cause, severity, and complications, and initiate an appropriate management plan.

Enabling Objectives

Given a patient with a hand and/or wrist injury, the candidate will

- list and interpret critical clinical findings, including
 - a. if a history of trauma is present, a thorough exploration of the mechanism and timing of injury;
 - b. appropriate physical examination, including neurovascular assessment;
 - c. if appropriate screen for risk factors for repetitive strain injury;
 - d. an occupational and recreational history;
- list and interpret critical investigations, including

- a. radiograph(s) of the affected bone(s) and joint(s), if indicated;
- construct an effective and relevant initial management plan, with particular attention to
 - a. referral for specialist care, if appropriate;
 - b. involvement of other health professionals as indicated;
 - c. if splinting is required, demonstration of proper "position of safety";
 - d. appropriate analgesia;
 - e. counselling regarding appropriate return to work or play;
 - f. recognition of the potential for long-term impact on function.